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THE BENEFITS OF JOINING A MONROE COMMUNITY GROUP

If there's anything I've learned from attending programs at the Monroe Institute, it's that the group energy makes any experience extra special. Of course, you can always have incredible solo journeys, but there's something about that group energy that elevates most experiences.

Every Monroe program I've attended has, without exception, put me in contact with new friends who wish to stay connected after our group experience, and that makes sense. When you participate in Monroe programs, you quickly and easily meet like-minded people who are open to and curious about the nonphysical world and enjoy having conversations about consciousness. People come to these programs from all over the world, so, while you'll stay connected remotely, chances are you won't see these people in person after your program. Even in the world of Zoom, we can get busy and lose connection with everyone much more quickly than we'd like to admit. That's one of the reasons why Monroe Community Groups are so important.

What are Monroe Community Groups?

Official Monroe Community Groups, formerly known as Local Chapters, are groups of Monroe participants who come together to explore consciousness and share their experiences. Leaders of Monroe Community Groups have attended at least one official Monroe program and have access to Monroe support, training, and other resources to help them effectively facilitate their group's activities. Having registered as Official Monroe Community Leaders with Monroe, they facilitate regular meetings to share knowledge and tools, and create a space to have and share experiences. They welcome you to join them as you continue your journey as an intrepid explorer of the same profound states of consciousness that we explore in our virtual and residential programs.

Some groups meet locally in person, providing the opportunity to meet resonant people in your area. Others meet solely over Zoom, giving you the chance to engage in these topics with people from all over the world. Some groups do both! Regardless how the group you pick meets up, they all share many amazing benefits, such as the ones I describe below.

Perhaps the greatest benefit of connecting with a Community Group is getting to meet like-minded people who understand that we are more than our physical bodies, are interested in discovering more about consciousness by direct experience, and are excited to talk about it with people who share similar beliefs. Every time I've stepped foot in the Nancy Penn Center or Roberts Mountain Retreat, I've had participants tell me how thrilled they are to be surrounded by people who share their beliefs. Many have had a hard time finding people they can talk with about consciousness.

The community groups connect people with shared beliefs (who may even live near you), introducing you to (hopefully!) life-long friends who you can always talk with about your out-of-body experiences. While you may be afraid to bring it up in your daily life, community group meetings offer a judgement-free zone for those who have had their own unique experiences. A community group can even become an interesting laboratory for social change and evolution.

Keeps you meditating

I've found that the more comfortable I am in my meditation practice, the more I want to keep it up. By speaking with people who have had similar experiences, you naturally become more comfortable with your own. This is great because the more comfortable you are, the more likely you'll continue, which offers numerous wellness benefits. Most community groups conduct regular sessions together, providing a great way to keep your practice growing and evolving, which, in turn, helps to improve your state of mind.

Keeps you trying NEW techniques

Most of the time, when we keep an activity solely to ourselves, it becomes stagnant. When I meditate alone at home, I find myself repeating the same routine without challenging myself to grow. In other words, we stay in our comfort zones. When we practice with others, ideas can be exchanged, introducing us to new experiences that we may not have considered before. We get gently nudged out of our comfort zones.

The best part about joining a Monroe Community Group is that it takes no qualifications other than having a curious and open mind willing to explore consciousness. If you've never visited the Monroe Institute before, this is the perfect chance to meet with those who have, who can regale you with inspiring tales of their experiences. All you have to do is reach out to the community group of your choice.